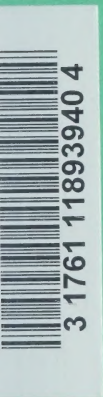


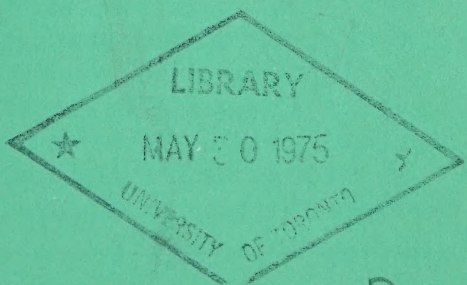
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**No
thanks.
I've had
enough."**



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Ontario

Ministry of
Health

[Pamphlet]

[P-9]

"No thanks. I've had enough."

Have you ever considered what effects drinking can have on your social life?

We're not talking about the kind of people who go to a party and drink until they can't see straight, can't speak straight, vomit all over their host's new broadloom or pass out.

Nor are we talking about people who drink so much, so often, that they risk losing their friends, their wives, their children and their jobs.

No. We're talking about ordinary, social drinking.

The kind of drinking where you occasionally have one or two too many.

So that you say something you wouldn't say when you're sober. Perhaps hurting someone you really care about.

So that your children might copy your behavior, thinking it to be "grown-up."

So that you might not have the judgment to drive your car as well as you should.

So that your lunchtime drinks affect your job performance that afternoon.

When you go out (or stay in) for "a few drinks" do you stop after a few? Or do you continue drinking all night?

Do you "pace" yourself? Or do you gulp your drinks down quickly?

Chances are, like most people, you drink to be sociable. But if people drink too much, too fast or too often, their behavior can become decidedly anti-social.

Don't misunderstand. We're not against drinking. If people want to drink it's up to them.

But we'd like people to consider the alternatives. Like playing sports or getting involved in a physical fitness program. Spending more time on hobbies or family outings. Reading more, or going to the theatre or the movies. Getting more involved in community affairs or social issues. Or other healthy, creative pastimes that use your time more productively.

Also, if you occasionally overindulge, you might like to try drinking a little differently at your next social gathering. Using twice as much mix as usual, for instance. Or making every second drink a straight ginger ale or soda or cola. Or limiting yourself to an average of one drink an hour. Or carefully measuring so that each of your drinks has only one ounce of liquor in it.

We think you might enjoy the party more that way. And that other people might enjoy your company more.

What do you think?

**"Here's
to your
health."**